THE LIGHTER PLATE METHOD

Hearts of Palm Spaghetti with Beef Ragù

A quicker, stovetop cousin of the baked version — hearts of palm warmed briefly through a proper beef ragù.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**20 min**	**30 min**	**4**	**EASY**

Ingredients

- 400 g tinned hearts of palm (drained and cut into strips)
- 1 onion (grated)
- 500 g passata
- 500 g beef mince
- 2 cloves garlic (crushed)
- 2 tbsp olive oil

Method

1. Heat the oil in a pan and sauté the onion and garlic until softened.
2. Add the beef mince and cook until well browned.
3. Stir in the passata and simmer for 12 minutes, seasoning to taste.
4. Add the hearts of palm strips for the final 2–3 minutes, just to warm through — they should keep some bite, like al dente pasta.

Tips & swaps

- Don't let the hearts of palm cook too long in the sauce or they turn soft rather than staying pasta-like.

Storage & reheating

The ragù keeps for 3 days or freezes well; add the hearts of palm fresh when reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**26g**	**10g**	**18g**	**4g**

Estimated values, for guidance only.